

WHAT IS CLAIMED IS:

- 1                   1.       1. A method for making a pillow, the method comprising:  
2                   cutting at least one piece of fabric to form a pair of skins that each comprise a  
3 midsection and two arm sections;  
4                   sewing the two skins together near their outer edges except for a portion of the  
5 mid section to form a shell defining an interior and having a middle region with an opening  
6 into the interior and two opposing arms extending from the middle region to form a well  
7 region;  
8                   blowing a fill material into the interior of the shell until the pillow has a  
9 firmness defined by an IFD of at least about 20 Newtons with 25% deflection; and  
10                  closing the opening in the middle region.
- 1                   2.       A method as in claim 1, wherein the skins have an outer surface and an  
2 inner surface, and wherein the skins are sewn together with the inner surfaces facing each  
3 other.
- 1                   3.       A method as in claim 2, further comprising turning the shell inside out  
2 such that the inner surfaces face each other.
- 1                   4.       A method as in claim 1, wherein the step of blowing the fill material  
2 further comprises inserting a nozzle through the opening of the middle region and into one of  
3 the arms, blowing fill material into the arm, moving the nozzle to the other arm and blowing  
4 fill material into the other arm, and moving the nozzle to the middle region and blowing fill  
5 material into the middle region.
- 1                   5.       A method as in claim 1, wherein the two skins are substantially  
2 identical, with the two arm sections curving so that their ends generally face each other.
- 1                   6.       A method as in claim 1, further comprising sewing a strip of fabric  
2 between the two skins so as to be adjacent to the well region.
- 1                   7.       A method as in claim 1, further comprising placing the pillow into a  
2 package.
- 1                   8.       A method as in claim 1, wherein the fill material comprises polyester,  
2 and wherein the shell is filled to about 2.0 pounds to about 2.5 pounds with the fill material.

1                   9.       A method as in claim 1, wherein the opening is closed by sewing the  
2 skins together.

1                   10.     A method for making a pillow, the method comprising:  
2                   cutting at least one piece of fabric to form a pair of skins that each comprise a  
3 midsection and two arm sections;  
4                   sewing the two skins together near their outer edges except for a portion of the  
5 mid section to form a shell defining an interior and having a middle region with an opening  
6 into the interior and two opposing arms extending from the middle region to form a well  
7 region;  
8                   inserting a nozzle through the opening of the middle region and into one of the  
9 arms and blowing fill material into the arm;  
10                  moving the nozzle to the other arm and blowing fill material into the other  
11 arm;  
12                  moving the nozzle to the middle region and blowing fill material into the  
13 middle region; and  
14                  closing the opening in the middle region.

1                   11.     A method as in claim 10, wherein the fill material is blown into the  
2 interior of the shell until the pillow has a firmness defined by an IFD of at least about 20  
3 Newtons with 25% deflection.

1                   12.     A method as in claim 10, wherein the skins have an outer surface and  
2 an inner surface, and wherein the skins are sewn together with the inner surfaces facing each  
3 other.

1                   13.     A method as in claim 12, further comprising turning the shell inside  
2 out such that the inner surfaces face each other.

1                   14.     A method as in claim 10, wherein the two skins are substantially  
2 identical, with the two arm sections curving so that their ends generally face each other.

1                   15.     A method as in claim 10, further comprising sewing a strip of fabric  
2 between the two skins so as to be adjacent to the well region.

1                    16.    A method as in claim 10, further comprising placing the pillow into a  
2    package.

1                    17.    A method as in claim 10, wherein the fill material comprises polyester,  
2    and wherein the shell is filled to about 2.0 pounds to about 2.5 pounds with the fill material.

1                    18.    A method as in claim 10, wherein the opening is closed by sewing the  
-2    skins together.